

**Abstract**

The inventive seat for a motor vehicle comprises a cushion (8), a lower connecting device (13) for connecting the cushion to the lower element (2) of the vehicle structure and a backrest (9), said seat being designed in such a way that the position thereof is ergonomically adjustable. The seat also comprises another upper connecting device (16) for connecting the upper part (15) thereof to the upper element (17) of the vehicle structure, the upper connecting device (16) forms an upper connection which makes it possible to ergonomically adjust the seat position.